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CONSUMER TIPS

Point Buying, No. 2: For Food Value

1. Use points to buy most nutritious foods (see Table 1).

TABLE 1.—Vegetables as sources of vitamins, minerals, and energy¹

Kind of vegetable	Vitamin A	Thiamine	Ascorbic acid	Riboflavin	Calcium	Iron	Energy value
							Calories pound
Beans, lima (green)		Excellent		Good		Excellent	595
Beans, snap	Excellent	Good	Good		Good	Good	190
Beet greens	do			Excellent		Excellent	150
Cabbage		Good	Excellent	Good	Good		130
Carrots	Excellent	do		do	do		205
Chard	do				Excellent	Excellent	115
Collards	do	Good	Excellent	Good	do	Good	225
Corn, sweet		do					510
Kale	Excellent	do	Excellent	Excellent	Excellent	Excellent	225
Lettuce, green	do	do		Good	Good	Good	85
Parsnips		do	Good		do		380
Potatoes		do	do				385
Spinach	Excellent	do	Excellent	Good		Excellent	110
Squash, Hubbard	do						200
Sweetpotatoes	do	Good	Good				565
Tomatoes, red	do	do	Excellent				105
Turnip greens	do	do	do	Excellent	Excellent	Excellent	165
Turnips, white			do		Good		155

¹ Data of the Bureau of Home Economics.

Reserve 1.946
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2. Read label on can to compare for lowest cost per ounce and for best food values in nutrition and quantity.
3. Note bulk of can in lbs. and ozs., and amount of juice in pts., quarts or ozs., to find number of cups and servings you can get, (see table for can size):

KITCHEN CUP MEASURING TABLE FOR CAN AND BOTTLE SIZES.

BULK(ave. size):	<u>1 lb.(tall);</u>	<u>1 lb. 4 oz.;</u>	<u>1 lb. 12 oz.</u>
	(No. 1)	(No. 2)	(No. 2½)
Cups :	2	2½	3½
Servings :	3 to 4	4 to 5	5 to 7
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JUICE(fluid ozs):	12½ ozs:	1 pt. :	1 pt. :
		2 ozs	4 ozs.
Cups :	1½	2¼	2½
			8 ozs.
			3
			14 ozs.
			5 ¾

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 United States Department of Agriculture, Washington, D. C.